

KINGSTON'S CAMP

CAMPER'S SUPPLIES CHECK LIST

All items brought into camp must be individually marked with permanent marker, with the child's name. The following items must arrive before or on the first day of camp.

- ⇒ _____ 'School Health/Physician's Report Form'
- ⇒ _____ 'Parent's Permission' 'Medical Information' (part of online registration)
- ⇒ _____ Special Medications (their instructions, and permissions)

Items to go home and return on a daily basis (Child may be wearing some of these)

- ⇒ _____ Waterproof backpack
- ⇒ _____ Sun Screen
- ⇒ _____ Insect Repellent
- ⇒ _____ Bathing suit
- ⇒ _____ Towel
- ⇒ _____ Extra T-Shirt (Swim shirts are great for sun burn prevention)
- ⇒ _____ Cotton Hat
- ⇒ _____ Long Pants / Shorts (weather dependant)
- ⇒ _____ Sweat Shirt (Polar Fleece works best when wet)
- ⇒ _____ Extra socks
- ⇒ _____ Flip Flops or Water shoes
- ⇒ _____ Water bottle.
- ⇒ _____ Please try to wear light colored cotton clothing for comfort and ease of finding insects.
- ⇒ _____ Sneakers and socks
- ⇒ _____ Rain coat or Poncho
- ⇒ _____ If your child has long hair, please tie it back or have your child bring elastics to tie it back. This is important for swimming and other activities.
- ⇒ _____ On Rainy Days bring an extra set of clothing to change into if first set gets wet.
- ⇒ _____ Lunch box containing morning and afternoon snacks, lunch, drinks and ice pack. Please try to adhere to the food pyramid when packing lunches. Also try to pack a salty snack, for replenishment of salts during these hot summer days. We try to discourage sodas, fatty foods and sweets for the health of our campers. Your child will be hungrier than the school year as they will be very active all day.

Please check your child's entire body every evening for both deer and dog ticks.

We will be on the alert for insects throughout the day.

See www.tickencounter.org for more tick information.